Getting Started
Getting Started with Right Brain Education

Welcome to TweedleWink!

Congratulations on the birth of your little one.

The first years of life are so special. Everything that happens during this time is foundational to your child’s psychological, physical and intellectual health.

Infants sponge up everything in their environment. Learn how you can boost vision, fine and gross motor skills and the fundamentals of language in an atmosphere of love.

In this Getting Stated information booklet, we’ll share what you can do to maximize and strengthen your child’s intelligence and overall sense of well-being (IQ & EQ) during the first three years of life.

Here’s 4 Steps to help you get started right away!

1. Read up!
2. Create your space.
4. Play!
What is Right Brain Education?
There are two sides of your brain: a right side, and a left. They are connected by a "bridge" — a band of nerve fibers called the corpus callosum. Each side has a distinct personality.

The right side is creative and emotional.
The left side is logical and practical.
The corpus callosum “bridge” allows these hemispheres to work together harmoniously to do just about anything we set our minds to.

TweedleWink lessons teach to each stage of development.

Step 1) Early Infant Stage • Nurturing the Right Brain
Children in the first few years of life access the right brain first. When in this stage, we maximize input with gentle, heart-based training.

Step 2) Toddler Stage • Connecting Right to Left
When your child’s brain has created a “bridge” connecting the subconscious right brain to the more conscious left, a new level of learning occurs.

Wink lessons address the continuing evolution of the child.

Step 3) Preschool Stage • Connecting Left to Right
Although our method is called “Right Brain Education,” Wink encourages whole brain development by linking all right brain technologies — speed learning, photographic memory, intuitive math and language, and three-dimensional imagination — with the logical, methodical left brain.
The TweedleWink 6+6=12 Formula
Our early TweedleWink program is created from a 6+6=12 formula. That is, that we teach children differently at 6 key stages of development using all 6 senses with 12 accelerated whole-brain learning techniques.

6 TweedleWink Stages
There are six TweedleWink stages. During the first three years, children progress through these stages at their own natural pace.

STAGES
1. Prenatal
2. Newborn
3. Infant
4. Infant-Toddler
5. Older Toddler
6. Preschooler

In this Getting Started Guide, we’ll teach you how to identify which stage your child is in. We’ll also outline what you can easily teach at each stage.

6 TweedleWink Senses
It may sound a little incredulous to be talking about teaching to all six senses, instead of only five. Adding the sixth component—the perception of human thought and emotion—is important, particularly for the right brain.

SENSES
1. Sight • light waves
2. Sound • sound waves
3. Taste • gustatory frequencies
4. Touch • kinesthetic-tactile impulses
5. Smell • olfactory notes
6. Thoughts & feelings • mind (brain waves) • heart (pulse waves)

12 TweedleWink Techniques
Here are 12 techniques which are gently introduced to your child at key stages of development.

Right Brain Builders
1. Love • Loving contact and communication with parent
2. Image • Mentally imaging success, health and happiness
   • Strengthening three-dimensional imagination
3. Flash • Showing flash cards at a 1-second-per-card rate
4. Listen • Playing high-quality audio

“Bridge” Builders
5. Talk • Fun verbal sound play with phonics and words
6. Track • Visual tracking stimulation
7. Move • Left-right infant/toddler exercises

Left Brain Builders
8. Think • Matching, sequencing, organizing information
9. Draw • Writing and drawing shapes, letters and words
10. Do • Arts and crafts, plus practical life
11. Read • Independent reading, enjoying activity books

Whole-Brain Synergy
12. Fly! • Beginning right-brain memory and speed reading games - a gentle transition to Wink™

Learn about our philosophy and guiding principles by reading:

How to Bring Out Your Child’s Genius in just Ten Minutes a Day
FREE e-book

Right Brain Education: Changing the World One heart at a Time
softcover book

...or sign up for a TweedleWink on-line introductory course.

www.rightbrainkids.com
2 Create your space.

Find a relaxing, cozy place—just for baby and you.

Our learning program is based on love. The environment is an important part of teaching and learning.

This space is for both you and your child. The cheerier, more comforting, it is, the easier it will be to really relax and enjoy your time together. The more love you put into your space, the more excited you will feel to begin.

How to Create a Prenatal Learning Corner

Step 1: Create a lesson space.
- select a light, bright, and happy place.
- add a cd player, or small flat-screen TV/DVD player (for use of TweedleWink DVD now and later)
- add flowers and child-friendly houseplants
- add child’s bouncy seat (pillow or chair)

Step 2: Make sure it is roomy
- allow enough room for your baby to face you, at about 2-3 feet away from your heart. If your baby is not yet sitting on his own, you can put him or her on your lap or in an infant bouncy seat.

Step 3: Add your lesson supplies.
- prepare a little lesson mat (on the table or the floor)
- add a basket or box for flashcards and fill it with...
  - flashcards
  - tuning forks
- add a yoga ball for balancing exercises
- have CDs nearby on a bookshelf for easy access
- low shelves with toys (As your child grows and develops, you may wish to add more low shelving so that you can place more lessons out for him to independently explore.)

Step 4: Let your walls help you!
- add black-and-white visual stimulation cards
- add blocks of color on the wall
- securely affix learning posters and maps

Step 5: Create a feeling of comfort.
- include an element of comfort by having a soft carpet, blanket or stuffed animal.
Gather materials.

Did you know that everything your baby sees, hears, touches, tastes and smells greatly affects the development of your baby? Yes, even your thoughts and feelings influence your child.

Your baby’s brain is like a sponge. Your baby’s nervous system is actively forming and building critical unconscious and subconscious memories based on the experiences he has now. You can make these early years powerfully loving and educational for the development of IQ and EQ.

All it takes is 10 minutes a day.

Right Brain Builders

1. Love

Parent-Child Bond
Begin each lesson by sending love to your child. You can do this simply by spending time with your baby, thinking of your child and feeling happy.

Positive Affirmations
How you view and speak about your child is important. Every child should regularly hear: “You are love.” “You are special.” “You can achieve your highest potential!”

TweedleWink DVD Flashcards
Check out our foundational DVD series designed for your child’s heart and mind. Every lesson begins and ends with loving affirmations.

Alpha Relaxation
Deep relaxation techniques will help you send good feelings to your baby.

The Great Mother Music CD
Has a soothing mother’s heartbeat in the background. This helps mother during the exhausting first months after birth. It also helps calm the nerves of the newborn baby.

Surfing the Alpha Wave CD
Harp music with sounds of nature. Helps the mind gently shift from left-brain beta wave state to the right-brain alpha wave state.

2. Image

Visualization
Positive mental and emotional images can assist the mother/child bond. Take a moment to visualize, seeing your baby growing up happy, healthy, intelligent and compassionate. If you are playing music and language tapes, see your baby’s neurological pathways forming strong networks in his developing mind. Imagine a positive future for your family.

Don’t know how to visualize? We can help!

Wink: Mental Imaging DVD
Mental Imaging can help enhance your ability to visualize effectively. This DVD stretches your imagination, guiding you through five imaginary journeys where you are encouraged to use all of your senses to create a multisensorial mental experience.
3. Flash

Flashcards, Books, Manuals, Encyclopedias
Infants are highly absorbent, however their developing vision makes it difficult for them to see clear picture images. You can certainly flash cards to your child, keeping in mind that you will need to repeat them once your child’s vision has fully developed. Then, you may flash as many sets as your child wants at a comfortable pace.

**FREE TWEEDLEWINK STARTER SET**
**Math (1-20) • Colors • Music Notes**
OUR GIFT TO YOU! If you enjoy making your own learning materials, then let us help you get started with three simple sets:
- Math (1-20),
- Musical Notes (c, d, e, f, g, a, b, c)
- Colors (10 cards).

Just click and download for FREE.

[www.rightbrainkids.com](http://www.rightbrainkids.com)

**TweedleWink Downloadable Flashcards and Touch Charts**
Jumpstart your baby’s flashcard library with these precious downloadable card sets. Just print, cut, and flash!

**TweedleWink DVD Flashcards**
This is the complete set of TweedleWink Lessons on DVD discs (in English) — 48 lessons in all. Each DVD volume includes 4 lessons, with over 800 images. Each lesson covers the following topics:
- Art
- Cultures
- Speed reading
- Math
- Whole words
- Affirmations
- Science
- Perfect pitch
- Vocabulary
- Word building
- Poetry
- Visual Tracking

Children who have seen the complete series walk away with about 10,000 images—which the brain uses to create a strong neural network in the brain for lifelong IQ.

[www.youtube.com/watch?v=sEeLcrv_S8w](http://www.youtube.com/watch?v=sEeLcrv_S8w)
4. Listen

**Language**
Expose your baby to language and vocabulary through tapes, conversation and reading.

*TweedleWink Multiple Languages DVD*
This DVD introduces your child to six different languages: English, Spanish, German, French, Russian, and Japanese! Includes: Shapes, Colors, Numbers 1 through 10, Fruit and Vegetables, Vehicles and Animals.

**Music and Perfect Pitch**
Music and pitch can be learned effectively in infancy. Play classical music, organizing the selections by composer or orchestral instrument. You may use the audios as part of a lesson or in the background.

*John Walker Perfect Pitch Tuning Forks*
Set of thirteen tuning forks representing every note, from “middle C” to “high C.” Imported from England. Downloadable flashcards, matching cards and an instructional handbook are included with each purchase.

5. Talk

**Conversation**
Actively talk with your child, maintaining eye contact, showing interest and respect. Narrate the day. Give your child words and feelings to match what he may be seeing or experiencing. Respond to sounds and words.

**Phonics**
Encourage your child to imitate the basic seed sounds of the English language: phonics.

*TweedleWink Phonics DVD*
This DVD features the 30 phonic sounds. Encourage your child to repeat each sound as it is played. You’ll be surprised at the results!

*Starfall Phonics Learning web site*
Here is an amazing web site that contains interactive games to play while learning phonics.

**www.starfall.com**

**Baby Sign Language**
Children who learn sign language are able to share their thoughts and feelings earlier than others—which greatly reduces normal toddler tantrums and increases their overall sense of wellbeing. (This baby is signing the word “more.”)

*FREE Baby Sign Language Flashcards*
Each sign card can be downloaded and printed out on your home computer.

**www.babysignlanguage.com**
6. Track

Visual Tracking - Movement
Strengthen your child’s visual senses so that he can see more—and therefore remember more—of his surroundings. Left-right optic movement boosts brain development and enhances communication between the two hemispheres.

TweedleWink DVD Flashcards
Visual Tracking lessons are included in each lesson in our 12-DVD series. If you have the DVDs, you don’t need to do anything extra.

VISUAL TRACKING GAME - If you do not have the DVDs and/or wish to do visual tracking activities at home, it’s quite easy to do. All you need is a bright ball (or toy). Move the ball in different directions, encouraging your child to follow it as you do: up/down, left/right, diagonally, and in circles.

Visual Enhancement - Black/White
Exposure to black and white images boosts depth perception, shading, and helps the eye discern important details needed for photographic memory.

FREE! Make-Your-Own Starter Flashcards
Black-and-White Visual Stimulation Cards
Just click and download these sets to get started...

www.rightbrainkids.com

Visual Enhancement - Color
Exposure to strong, vivid patches of color enhances the development of the eye’s color cones needed for clear visual intake.

Wink PhotoEyeplay DVD
This DVD (used in our Wink program) is a viewing meditation for babies and young children. Colorful shapes appear with Alpha relaxation music in the background. Includes: primary, secondary, and complementary colors, as well as color gradations.

7. Move

Right-Left Movement • Balance • Strength
Your baby’s brain is intimately connected with his or her whole body. The central nervous system thrives on movement—especially that which synchronizes the right and left side of the body.

TweedleWink Level 1 Training Course
Many of the techniques in our program can be done easily at home with materials you may already have. This especially applies to the MOVE technique. Learn exercises in our TweedleWink Level 1 online course. We will show you how to maximize the first years of your child’s life by using the 12 gentle, yet powerful techniques of the TweedleWink program.

Includes: 4 modules with learning manual, online audio/video instruction, and downloadable resources.

YOGA BALL FUN - An easy way to tone your baby’s muscles while strengthening their sense of balance is with TweedleWink Yoga Ball exercises. You’ll need a yoga ball. Make sure that you clean it after each use. To begin, show your baby the ball so that he becomes familiar with it. When ready, gently place your baby, face down, onto the ball. Roll forward/back, left/right, and in circles.

Infant massage
Massage can help promote growth, improve digestion and soothe a colicky baby.

FREE Baby Massage Video
Johnson & Johnson has produced an excellent video for parents to use to learn more about infant massage. To view, just look for “Baby Massage Techniques” in their youtube channel.

www.youtube.com/user/baby
Infant Puzzles
Encourage your child to explore his environment, as well as everything in it. Although you don’t need much, some basic toys are a must for the development of your child’s thinking skills. Today’s toys are exceptional in IQ-building potential.

Make sure that you have the basics:
• stacking cups
• blocks
• jumbo puzzles (wooden with knob handles are best)
• posting boxes (cube in square hole, sphere in circle hole)

Matching Games
In TweedleWink, we begin matching when a child shows us they love it—and not before.

Ready to match? Then, it’s a great way to bring all the information stored in right-brain memory to left-brain practical use. And, besides... it’s fun!

TweedleWink Downloadable Matching Cards
Simple do-it-yourself card sets. Just print, cut, and match!

Math Mini-Matching Cards
Includes: 2 sets of dot quantities 1 through 20
Print two sets for matching - one in color, and one in black and white (adjust your printer setting)

Music Play (full set - not shown)
Booklet & Card Set: flashcards, matching cards and Music Play instructional booklet for tuning fork play

Phonics Mini-Matching Cards
Includes: 2 sets of 30 small picture-word cards, 2 sets of phonic (only) cards for early reading
NOTE: Content matches the Phonics flashcards.

Words Mini-Matching Cards
Includes: 2 sets of 30 small word cards
NOTE: Content matches the Phonics flashcards and matching mini-card set.

Colors Mini-Matching Cards
Includes: 2 sets of 10 small picture-word cards
NOTE: Content matches the Colors flashcards.

Shapes Mini-Matching Cards
Includes: 2 sets of 10 small picture-word cards
NOTE: Content matches the Shapes flashcards.
9. Draw

**Shapes, Letters and Pictures**
In the early years, scribbling is really important. Scribbling refines your child’s tiny fingers so that drawing (and writing) is easy and fun. In TweedleWink, we teach children to draw shapes, then letters (according to our phonics system) and pictures. The more practice, the better—as long as it’s fun!

**Shapes Mini-Matching Cards**
*Includes:* 2 sets of 10 small picture-word cards

**COPY-ME DRAWING GAME** - Here’s a fun way to encourage early fine motor skills.
You’ll need: a chubby pencil, paper and shape cards (the Shapes Mini-matching cards work nicely!)
Begin by turning all the cards upside down. Invite your child to choose a card and draw it. Then, you take a turn. Continue until all the shapes are drawn.

10. Do

**Arts and Crafts**
Children learn so much through art: fine motor skills, use of color, appreciation, and patience.

**TweedleWink DVD Flashcards**
In our TweedleWink Centers, crafts are inspired by art lessons featured on the TweedleWink DVD series. There are 48 lessons in the DVD series. That means, 48 inspirations for toddler arts and crafts!

**TODDLER ART LESSONS**
You can use any lesson as a starting point for a craft. In Lesson 2 (DVD 1), we feature the work of Claude Monet. After showing that flashcard lesson, you could enjoy watercolor play. You can teach your child that Claude Monet was an impressionist. He used watercolors to create quick “impressions” of nature.

Montessori-Inspired Practical Life
Toddlers crave independence. Maria Montessori believed that children need every opportunity to do things by themselves, which guidance and support from a patient adult. Practical life lessons teach children how to pour, post, spoon, match, thread and more.

Want to know what happens when a child is touched by Montessori method?

Think: Google! The creators of Google were raised in a Montessori environment.

**FREE VIDEO Infant-Toddler Montessori**
“Preparation for Life”
10-minute introduction to the Montessori philosophy and how you can create this type of empowering environment in your home now.

[click for link: www.youtube.com/watch?v=y0-z7-8loGc]

**FREE Infant-Toddler Montessori Lesson Ideas**
MontessoriMom.com is an angel! She shares many early practical life skills and lesson ideas, complete with pictures and downloads.
11. Read

Independent Reading
Encourage your child to master his understanding of phonics through independent reading and workbooks. Once your child can recognize and recite the 30 phonic sounds (yes, as early as 18 months of age), it’s time to put the sounds together as words and learn to read! Watch the excitement on your child’s face as he sounds out simple words like, c-a-t. “Cat!” This is one of our favorite teaching moments—as teachers and parents. It will be yours, too!

Starfall Phonics Learning web site
Enjoy a host of word-building games online—free!

www.starfall.com

Activity Books
Encourage your child to master his understanding of phonics through independent reading and workbooks.

TweedleWink Phonics Workbooks
This delightful series presents the 30 phonic sounds, encouraging your child to write, say, and practice them in a simple matching game. Experience the joy as your child masters each phonic symbol and sound and begins to read.

TweedleWink Math Workbooks
Early math workbooks should be inviting and fun! The TweedleWink workbooks fill the bill, including touch charts and fun activities to learn how to add at an early age. This gentle math series uses a visual math system which gradually takes your child from number quantity recognition to equations as they progress through the series.

Whole Brain Synergy

12. Fly!

Wink
If during the first three years, your child is reading and is ready for more challenging learning games, then it’s time to use the 12th, and final, TweedleWink technique—Fly!

Why is this technique called Fly? It is the graduation phase from the TweedleWink program to Wink. It means that your child is actively using his/her left brain and needs balancing.

The Wink program allows parents and teachers to:
(1) keep your child’s right brain pathway active
(2) maintain a flow of information going back and forth between the creative (right) and logical (left) centers of the brain through use of accelerated learning techniques, such as photographic memory and speed reading.

Beginning right-brain memory and speed reading games are a breeze, when you know how!

If your child is ready for Wink, or you feel the need to explore it before he/she is, then let us help.
Choose from:
• online course study
• at-home play kit
Wink Level 1 Training Course
This easy, learn-from-home training course will show you how to reactivate and keep your child’s right brain pathways engaged for more effective learning. You will be surprised how much you can personally benefit from it, too!

In the Wink Overview Course you will learn about the seven key components of whole-brain learning. You will learn about the seven steps of right brain development...

* Step 1: Alpha Wave Relaxation
* Step 2: Eye Exercises
* Step 3: PhotoEyeplay
* Step 4: Mental Imaging
* Step 5: Observation Training
* Step 6: Memory Linking
* Step 7: Photographic Memory and Speed Reading

This is a fun program! You are going to learn Right Brain Education using right brain techniques -- right from the start.

By the time you finish this course, right brain learning will be a habit. And a very good one!

And if you’d like to continue to learn more, and possibly teach right brain classes professionally, this overview is also considered the entry level training course for teacher training, and will get you started on your journey.

This is a six-module course, including:

Module 1: Right Brain Education
Module 2: Alpha Relaxation
Module 3: Eye Training
Module 4: Creative Imagination
Module 5: Memory Tune-Ups
Module 6: The Power of Not Thinking

Includes: 6 modules with learning manual, online audio/video instruction, and downloadable resources.

Wink—Right Brain Education Seven-Step Package
The Wink: Right Brain Education Seven-Step Package is a revolutionary learning product developed with families in mind. It’s perfect for parents because it’s a quick and easy way of promoting accelerated learning abilities and photographic memory enhancement in their children. And it’s perfect for children because of its gentle and fun exercises that nurture their natural right brain abilities -- the creative, intuitive and super-absorbent qualities -- to help them maintain their natural curiosity and love of learning.

Wink: Right Brain Education is for drawing-out the inquisitive childlike qualities of all ages -- younger ones, as well as teens, adults and seniors!

The Wink: Right Brain Education Seven-Step Package includes the seven steps of Right Brain Education, the Program Overview and Guide and the Wink Quick-Start Chart.

CONTENTS
1. Wink Program Overview and Guide
2. Wink Quick Start Chart
3. Step 1: Wink Alpha Relaxation
   * Guided Meditation on audio CD
   * Surfing the Alpha Wave music CD by Shawndeeya
4. Step 2: Wink Eye Exercises
   * Eye Exercise Cards
5. Step 3: Wink PhotoEyeplay
   * Visual Activation DVD
   * PhotoEyeplay Deluxe Card Set
   * PhotoEyeplay Color Art Shapes
6. Step 4: Wink Mental Imaging
   * Mental Imaging DVD
7. Step 5: Wink Observation Training
   * Observation Training DVD
8. Step 6: Wink Memory Linking
   * The Memory Train Cards Set
   * The Memory Train Audio CD
   * The Memory Train Small Starter Cards set
9. Step 7: Wink Photographic Memory and Speed Reading
   * Photographic Memory and Speed Reading DVD
   * The Memory Zoo card set
   * Grid Cards and Color Blocks

Give your child the “right” start in life! (wink)
4 Play!

Ready to start?
Now, it’s time to begin.

Invite your baby to have a lesson with you. Make sure that all creature comforts have been taken care of and he has been fed, bathed, diapered and is happily looking forward to the lesson.

When you’re ready, go to your prepared learning space. Comfortably seat your child in his bouncy seat or chair. Play soft music in the background.

1-2. Love and Image
- Begin each lesson by sending love to your child. You can do this simply by gazing into his eyes and feeling happy, or grateful.
- **DVD Users:** Snuggle up and hold your child while viewing. Say each affirmation with the DVD lesson at the beginning and the end: “You are loved.” “You are special.” Feel it!

3. Flash
- Flash cards to your child, keeping a steady rhythm and pace that matches the beat of the heart. Clearly announce the name of each card as you present it. You may also present objects, word cards or “touch charts” at this time.
- **DVD Users:** Watch 1 DVD flashcard lesson per day with your child. Make sure that you look at the screen and recite each new word as it appears.

4. Listen
- Now, it’s time for audio input. It doesn’t have to be fancy, just choose a classical music piece and a world language.
- If you have the tuning forks, this is a great time to present them to your baby. Choose one note at a time, with corresponding note card. *(When your child is ready for more, present the continuing games in the Music Play booklet.)*

5. Talk
- Now, hold your child close and let him feel the warmth of your body and the beat of your heart. Recite the phonics sound of the day (or all 30). You will want to make sure that he can see your whole face so that he can imitate the muscles used to form each sound that you will make.
- **DVD Users:** Repeat the words and phonic sounds as they appear on the screen. Your baby will, too!
6. Track
- Play the Visual Tracking Game with your child. **DVD Users:** Enjoy the Visual Tracking segment of the lesson! If you’d like to repeat the exercise with a ball or stuffed animal after the lesson, please do!

7. Move
- Play songs in the background while moving and playing with your child. Here are some suggestions:
  - marching
  - yoga ball balancing
  - crawling (brain-boosting fun)
  - parent-and-child dancing
  - walking on a circle or line

That’s it!

If you do this each day—for a minimum of 10 minutes—you will have effectively incorporated right brain education into your child’s life.

What a joy!

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What about Techniques 8-12?

**Left-Brain Builders**
The left-brain boosting techniques 8-11 (Think, Draw, Do, Read) should be incorporated into your child’s everyday environment—the Montessori way.

**Whole-Brain Synergy**
Technique 12 can be a lesson on its own. If your child is ready for it, then please download our Getting Started Guide for Preschoolers.
Thank you for reading!

Our families at Right Brain Kids wish you and your baby the very best!

COMING SOON! Please visit our web site for more information or Getting Started guides for other stages of development, including:

- prenatal
- infant-toddler (0-3)
- preschool (3-6)
- elementary (7-12)
- teens and adults
- special needs

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“Our care of the child should be governed, not by the desire to make him learn things, but by the endeavor always to keep burning within him that light which is called intelligence.”

—Maria Montessori